

Promoting Healthy Living Environments for Underserved and Hard to Reach Audiences - TU/FF NEWS-Fami

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V(A). Planned Program (Summary)

1. Name of the Planned Program

Promoting Healthy Living Environments for Underserved and Hard to Reach Audiences - TU/FF NEWS-Fami

V(B). Program Knowledge Area(s)

1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
703	Nutrition Education and Behavior		45%		
711	Ensure Food Products Free of Harmful Chemicals, Including Residues from Agricultural and Other Sources.		15%		
722	Zoonotic Diseases and Parasites Affecting Humans		5%		
723	Hazards to Human Health and Safety		10%		
724	Healthy Lifestyle		25%		
	Total		100%		

V(C). Planned Program (Inputs)

1. Actual amount of professional FTE/SYs expended this Program

Year: 2008	Extension		Research	
	1862	1890	1862	1890
Plan	0.0	1.1	0.0	0.0
Actual	0.0	1.5	0.0	0.0

2. Actual dollars expended in this Program (includes Carryover Funds from previous years)

Extension		Research	
Smith-Lever 3b & 3c 0	1890 Extension 92308	Hatch 0	Evans-Allen 0
1862 Matching 0	1890 Matching 107520	1862 Matching 0	1890 Matching 0
1862 All Other 0	1890 All Other 106729	1862 All Other 0	1890 All Other 0

V(D). Planned Program (Activity)**1. Brief description of the Activity**

Through EFNEP programming federal funds responded to this challenge in four of the Black Belt counties of Alabama. Food and nutrition programs were conducted with adult participants on federal food assistance as well as impoverished seniors taking care of children and qualify for community lunch meals. County EFNEP Nutrition Educators used the CentSible Nutrition Curriculum for adults, choosing different forms and kinds of healthy fruits and vegetables, whole grains, high calorie foods, label reading, overall healthy eating to prevent overweight, food buying, storage and safety, and increase in physical activity. Several demonstrations had hands-on applications to affect behavior were conducted. There were 12 lessons taught once a week to each four sites with the first week being introduction and the twelfth week being graduation. Each lesson was taught for two hours to include teacher and participant demonstrations to class. At the end of the 10-week lessons, adults were graduated from the program and given certificates of attendance.

2. Brief description of the target audience

The target audiences for this program were youth and adults. EFNEP participants were adults. There were some adults who attended the community-based programs.

V(E). Planned Program (Outputs)**1. Standard output measures****Target for the number of persons (contacts) reached through direct and indirect contact methods**

	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Year	Target	Target	Target	Target
Plan	200	50	200	50
2008	908	807	988	90

2. Number of Patent Applications Submitted (Standard Research Output)**Patent Applications Submitted**

Year	Target
Plan:	0
2008:	0

Patents listed**3. Publications (Standard General Output Measure)****Number of Peer Reviewed Publications**

	Extension	Research	Total
Plan	0	0	
2008	0	0	0

V(F). State Defined Outputs**Output Target****Output #1****Output Measure**

Measures will include: Participants will incorporate skills and change behaviors; the number of people who follow exercise guidelines on most days 60-minutes, 5 days a week; the percent of participants using food guide pyramids and dietary guidelines and the percent of participants reporting improved quality of life will increase.

Year	Target	Actual
2008	125	125

V(G). State Defined Outcomes

O No.	Outcome Name
1	Participants will incorporate skills and change behavior; the number of people following guidelines on most 60-minutes, 5 days a week will increase; the percent of participants using food guide pyramids and dietary guidelines will increase and the percent of participants reporting improved quality of life will increase.

Outcome #1

1. Outcome Measures

Not reporting on this Outcome for this Annual Report

2. Associated Institution Types

3a. Outcome Type:

3b. Quantitative Outcome

Year	Quantitative Target	Actual
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3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
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V(H). Planned Program (External Factors)

External factors which affected outcomes

Natural Disasters (drought,weather extremes,etc.)

Economy

Appropriations changes

Government Regulations

Competing Programmatic Challenges

Populations changes (immigration,new cultural groupings,etc.)

Brief Explanation

V(I). Planned Program (Evaluation Studies and Data Collection)

1. Evaluation Studies Planned

Before-After (before and after program)

During (during program)

Case Study

Comparisons between different groups of individuals or program participants experiencing different levels of program intensity.

Evaluation Results

Through analysis of pre and post surveys, as well as select reported testimonials, changes indicated that 85% of the graduates demonstrated positive healthy food habits. In addition, only 35% of the graduates now run out of food for families by the end of the month, and 49% reported that their children eat a healthy breakfast more often. The Expanded Food and Nutrition Education Program has positive impact on the nutritional health and wellness of 145 low-income parents and their families. During the program year, over 400 direct contacts were made to recruit participants. Eventually 40 adults in each county were recruited for the program. With a high rate of dropouts, 62% graduated from the program. The graduates reported that they have changed their eating habits by planning their meals and consciously choosing more fruits and vegetables as part of their meals.

Key Items of Evaluation

Eighty-one percent of adults reported improved dietary intake, including an increase of about 4 servings per day of fruits and vegetables; 68% improved their nutrition practice (NP); 73% improved their Food Resource Management (FRM) practices and 56% improved their Food Safety (FS) practices. When adult participants enrolled in the program, 15.7% of adults reported consuming at least 1/2 of the recommended servings for each food group. After completing EFNEP, this percentage increased to 30%. After graduation, adult participants increased their physical activities from 30 minutes or less to 60 minutes or more per day for three days a week. This is definitely an improvement.